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Videos for Wisconsin Child Care Providers to Borrow:

CHILD CARE PROFESSIONALS

Go to www.ccic.wi.gov and click on the tab **Our Library** for borrowing procedures and a searchable online catalog of all CCIC's audiovisual resources and books.

AVOIDING CHILD CARE BURN-OUT. Lubbock, TX: Creative Educational Video, 1996. **VHS**, 34 min. + study guide.

An overview of what child care burnout is, how you can recognize it, what causes it, and what you can do about it.

BRAIN RULES: 12 PRINCIPLES FOR SURVIVING AND THRIVING AT WORK, HOME, AND SCHOOL. By John Medina. Seattle, WA: Pear Press, 2008. DVD, 45 min. + 301-page book. DVD may be viewed online: <http://www.brainrules.net/dvd>

In this lively DVD and book, molecular biologist Dr. John Medina describes 12 brain rules – what scientists know for sure about how our brains work – and how the brain sciences might transform the way we teach our children and the way we work. The brain rules are: 1) Exercise: Exercise boosts brain power, 2) Survival: The human brain evolved, too, 3) Wiring: Every brain is wired differently, 4) Attention: We don't pay attention to boring things, 5) Short-term memory: Repeat to remember, 6) Long-term memory: Remember to repeat, 7) Sleep: Sleep well, think well, 8) Stress: Stressed brains don't learn the same way, 9) Sensory integration: Stimulate more of the senses, 10) Vision: Vision trumps all other senses, 11) Gender: Male and female brains are different, 12) Exploration: We are powerful and natural explorers.

DISCIPLINE, STRESS, AND THE HUMAN ENVIRONMENT. Lubbock, TX: Creative Educational Video, 1994. **VHS**, 30 min. + study guide.

Illustrates ways in which stress felt by caregivers can cause children to behave badly and how bringing stress into the child care environment affects the whole system because "we see what we feel". We learn what causes stress, who is at risk, positive and negative effects of stress and ways to handle work stress.

FISH! : CATCH THE ENERGY, RELEASE THE POTENTIAL! Burnsville, MN: ChartHouse International Learning Corporation, 1998. DVD, 17 min. + facilitator's guide + playbook.

Shows employees how to generate the energy needed for a high morale work environment. Highlights four main concepts: play, make their day, be there, and choose your attitude. Also portrays the playful atmosphere necessary for creativity to flourish. **Due to the producer's licensing restrictions, CCIC can loan this video to child day care centers only and not on interlibrary loan.**

LAUGH & LEARN: EARLY CHILDHOOD DEVELOPMENT WORKSHOP. By Allen Mallory.
Tuscaloosa, AL: Allen Mallory, 1992. **VHS**, 105 min.

Dr. Mallory presents practical child development principles such as discipline, self-concept, staff relations, parents, curriculum areas and motivation delivered in both a humorous and serious manner.

LAUGH & LEARN II. By Allen Mallory. Tuscaloosa, AL: Allen Mallory, 1996. **VHS**, 2 hrs.

A humorous look at child care from Allen Mallory, a college teacher and stand-up comic who's been a day care aide, teacher, center director and owner and whose comedy workshops have made him one of the most in-demand speakers in our field.

SIDE BY SIDE: MENTORING TEACHERS FOR A REFLECTIVE PRACTICE. By Margie Carter.
Seattle, WA: Harvest Resources, 2004. DVD, 26 min. + guide.

Follows two child care programs as they design a mentoring program to guide their teachers in becoming better observers and curriculum developers by drawing on the children's interests and ideas. Presents principles to help in mentoring teachers to develop an engaging, meaningful, and reflective teaching practice.

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